

LIFE AFTER MY STROKE

Jannette E. Gaither

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Life After Stroke

He has since gone on to co-found The Stroke Survivors Foundation. This is his Stroke Day. Read how one survivor's life drastically changed after a stroke.

Living with stroke - SAFE

I had grieved because I had lost myself. It was my biggest change/death ever, and it took about three years after my stroke to begin to embrace life again.

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Related books: [Le Faune revisité: Figures du souhait dans L'Après-midi dun faune - De Stéphane Mallarmé \(Ouverture Philosophique\) \(French Edition\)](#), [Great eBay Photos - The Easy Way, Techniques Anyone Can Use!](#), [Visualisierung digitaler Gelände- und Landschaftsdaten \(German Edition\)](#), [Space Structures \(Design Science Collection\)](#), [Message of the Matriarchs](#), [The Psychology of Feeling Sorry: The Weight of the Soul](#), [Little Evil: One Ultimate Fighters Rise to the Top](#).

I have to live life today. You can help protect yourself by getting at least two and a half hours of aerobic exercise a week, drinking alcohol in moderation, quitting smoking, eating less red meat and more vegetables, nuts, grains, and seafood, and treating high blood pressure, diabetes, and circulation problems.

Describes bowel management and problems of infection with internal long-term. You have to laugh and go with it. Stroke Connection Connect with our award-winning voice of support to help you, your family and community in the road to recovery. Dutta asked her law firm to let her return part time, but there was no part-time role at the firm.

This can mean learning new skills or relearning old ones. Ask the person to smile.